

A

Appendix A

Bibliography

BIBLIOGRAPHY

- American Heart Association. 2002. 2003 Heart and Stroke Statistical Update. American Heart Association, Dallas Texas.
- Ascherio, A. 2002. "Epidemiologic studies on dietary fats and coronary heart disease." *Am. J. Med.* 113(9B):9S.
- Ashton, E.L., Best J.D. and Ball, M.J. 2001. "Effects of monounsaturated enriched sunflower oil on CHD risk factors including LDL size and copper-induced LDL oxidation." *J. Am. Coll. Nutr.* 20:320.
- Baggio, G., Pagnan, A., Muraca, M., Martini, S., Opportuno, A., Bonanome, A., Ambrosio, G.B., Ferrari, S., Guarini, P., Piccolo, D., Manzato, E., Corrocher, R. and Crepaldi, G. 1988. "Olive-oil-enriched diet: effect on serum lipoprotein levels and biliary cholesterol saturation." *Am. J. Clin. Nutr.* 47:960.
- Berry, E.M., Eisenberg, S., Haratz, D., Friedlander, Y., Normay, Y., Kaufmann, N.A. and Stein, Y. 1991. "Effects of diets rich in monounsaturated fatty acids on plasma lipoproteins – The Jerusalem Nutrition Study: High MUFA vs. high PUFA." *Am. J. Clin. Nutr.* 53:899.
- Choudhury, N., Tan, L. and Truswell, A.S. 1995. Comparison of palmolein and olive oil: effects on plasma lipids and vitamin E in young adults." *Am. J. Clin. Nutr.* 61:1043.
- Clarke, R., Frost, C., Collins, R., Appleby, P. and Peto, R. 1997. "Dietary lipids and blood cholesterol: quantitative meta-analysis of metabolic ward studies." *Br. Med. J.* 314:112.
- Clevidence, B.A., Judd, J.T., Schaefer, E.J., Jenner, J.L., Lichtenstein, A.H., Muesing, R.A., Witten, J., Sunkin, M.E. 1997. "Plasma lipoprotein (a) levels in men and women consuming diets enriched in saturated, cis-, or trans- monounsaturated fatty acids." *Arterio. Thromb. Vasc. Biol.* 17:1657.
- Connor, W.E., Prince, M.J., Ullmann, D., Riddle, M., Hatcher, L., Smith, F.E. and Wilson, D. 1993. "The hypotriglyceridemic effect of fish oil in adult-onset diabetes without adverse glucose control." *Ann. N.Y. Acad. Sci.* 683:337.
- de Lorgeril M, Renaud S, Mamelle, N, Salen P, Martin J-L, Monjaud I, Guidollet J, Touboul P, Delaye J. 1994. "Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease." *Lancet* 343:1454.
- Esrey, K.L., Joseph, L. and Grover, S.A. 1996. "Relationship between dietary intake and coronary heart disease mortality: Lipid Research Clinics Prevalence Follow-up Study." *J. Clin. Epidemiol.* 49:211.

Fernandez-Jarne, E., Martinez-Losa, E., Prado-Santamaria, M., Brugarolas-Brufau, C., Serrano-Martinez, M and Martinez-Gonzalez, M.A. 2002. "Risk of first non-fatal myocardial infarction negatively associated with olive oil consumption: a case-control study in Spain." *Int. J. Epidemiol.* 31:474.

Ferro-Luzzi, A., James, W.P.T. and Kafatos, A. 2002. "The high-fat Greek diet: a recipe for all?" *Europ. J. Clin. Nutr.* 56:796.

Food and Nutrition Board, Commission on Life Sciences, National Research Council, National Academy of Sciences. 1989. Diet and Health. Implications for Reducing Chronic Disease Risk. National Academy Press, Washington, DC.

Food and Nutrition Board. 2002. "Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)." National Academy Press, Washington, DC.

Foster, G.D., Wyatt, H.R., Hill, J.O., McGuckin, B.G., Brill, C., Mohammed, B.S., Szapary, P.O., Rader, D.J., Edman, J.S. and Klein, S. 2003. "A randomized trial of a low-carbohydrate diet for obesity." *New Eng. J. Med.* 348:2082.

Fuentes, F., Jopez-Miranda, J., Sánchez, E., Sánchez, G., Paez, J., Paz-Rojas, E., Marin, C., Gomez, P., Jimenez-Perepérez, J., Ordovás, J.M and Pérez-Jiménez, F. 2001. "Mediterranean and low-fat diets improve endothelial function in hypercholesterolemic men." *Ann. Intern. Med.* 134:1115.

Garaulet, M., Pérez-Llamas, Pérez-Ayala, M., Martínez, P., Sánchez de Median, F., Tebar, F.J. and Zamora, S. 2001. "Site-specific differences in the fatty acid composition of abdominal adipose tissue in an obese population from a Mediterranean area: relation with dietary fatty acids, plasma lipid profile, serum insulin and central obesity." *Am. J. Clin. Nutr.* 74,585.

Gardner, C.D. and Kraemer, H.C. 1995. "Monounsaturated versus polyunsaturated dietary fat and serum lipids." *Arteriosclerosis, Thromb. & Vasc. Biol.* 15:1917.

Garg, A., Bonanome, A., Grundy, A.M., Zhang, Z and Unger, R.H. 1988. "Comparison of a high-carbohydrate diet with a high-monounsaturated fat diet in patients with non-insulin-dependent diabetes mellitus." *New Eng. J. Med.* 319:829.

Garg, A., Grundy, S.M and Unger, R.H. 1992. "Comparison of effects of high and low carbohydrate diets on plasma lipoproteins and insulin sensitivity in patients with mild NIDDM." *Diabetes* 41:1278.

Garg, A., Bantle, J.P., Henry, R.H., Coulston, A.M., Griver, K.A., Raatz, S.K., Brinkley, L., Ida Chen, Y-D., Grundy, S.M., Huet, B.A. and Reaven, G.M. 1994. "Effects of varying carbohydrate content of diet in patients with Non-Insulin-Dependent Diabetes Mellitus." *J. Am. Med. Assn.* 271:1421.

Ginsberg, H.N., Barr, S.L., Gilbert, A., Karmally, W., Deckelbaum, R., Kaplan, K., Ramakrishnan, R., Holleran, S., Dell, R.B. 1990. "Reduction of plasma cholesterol levels in normal men on an American Heart Association Step 1 Diet or a Step 1 diet with added monounsaturated fat." *N. Eng. J. Med.* 322:574.

González, C.A., Pera, G., Quirós, J.R., Lasheras, C., Tormo, M.J., Rodríguez, M., Navarro, C., Martínez, C., Dorronsoro, M., Chirlaque, M.S., Beguiristain, J.M., Barricarte, A., Amiano, P. and Agudo, A. 2000. "Types of fat intake and body mass index in a Mediterranean country." *Public Health Nutr.* 3(3):329.

Grundy, S.M. 1986. "Comparison of monounsaturated fatty acids and carbohydrates for lowering plasma cholesterol." *New Eng. J. Med.* 314:745.

Grundy, S.M., Florentin, L., Nix, D., Whelan, M.F. 1988. "Comparison of monounsaturated fatty acids and carbohydrates for reducing raised levels of plasma cholesterol in man." *Am. J. Clin. Nutr.* 47: 965.

Grundy SM and Vega GL. 1998. "Plasma cholesterol responsiveness to saturated fatty acids." *Am. J. Clin. Nutr.* 47:822.

Gumbiner B, Low CC, Reaven PD. 1998. "Effects of a monounsaturated fatty acid-enriched hypocaloric diet on cardiovascular risk factors in obese patients with type 2 diabetes." *Diabetes Care* 21:9.

Gustafsson I-B, Vessby B, Ohrvall M, Nydahl M. 1994. "A diet rich in monounsaturated rapeseed oil reduces the lipoprotein cholesterol concentration and increases the relative content of n-3 fatty acids in serum in hyperlipidemic subjects." *Am. J. Clin. Nutr.* 59:667.

Hargrove, R.L., Etherton, T.D., Pearson, T.A., Harrison, E.H. and Kris-Etherton, P.M. 2001. "Low fat and high monounsaturated fat diets decrease human low density lipoprotein oxidative susceptibility in vitro." *J. Nutr.* 131:1758.

Hegsted, D.M., McGandy, R.B., Meyers, M.L. and Stare, F.J. 1965. "Quantitative effects of dietary fat on serum cholesterol in man." *Am. J. Clin. Nutr.* 17:281.

Hegsted, D.M., Ausman, L.M., Johnson, J.A. and Dallal, G.E. 1993. "Dietary fat and serum lipids: an evaluation of the experimental data." *Am. J. Clin. Nutr.* 57:875.

Hodson L, Skeaff CM, Chisholm W-AH. 2001. "The effect of replacing dietary saturated fat with polyunsaturated or monounsaturated fat in plasma lipids in free-living young adults." *Eur. J. Clin. Nutr.* 55:908.

Howard, B.V., Hannah, J.S., Heiser, C.C., Jablonski, K.A., Paidi, M.C., Alarif, L., Robbins, D.C., and Howard, W.J. 1995. "Polyunsaturated fatty acids result in greater cholesterol lowering and less triacylglycerol elevation than do monounsaturated fatty acids in a dose-response comparison in a multiracial study group." *Am. J. Clin. Nutr.* 62:392.

Hu, F.B., Stampfer, M.J., Rimm, E., Sacherio, A., Rosner, B.A., Spiegelman, D, and Willett, W.C. 1999. "Dietary fat and coronary heart disease: A comparison of approaches for adjusting for total energy intake and modeling repeated dietary measurements." *Am. J. Epidemiol.* 149:531.

Jenkins DJA, Wolever TMS, Vidgen E, Kendall CWC, Ransom TPP, Mehling CC, Mueller S, Cunnane SC, O'Connell NC, Setchell KDR, Lau H, Teitel JM, Garvey MB, Fulgoni III V, Connelly PW, Patten R, Corey PN. 1997. "Effect of psyllium in hypercholesterolemia at two monounsaturated fatty acid intakes." *Am. J. Clin. Nutr.* 65:1524.

Keys, A., Menotti, A., Karvonen, J., Arvanis, C., Blackburn, H., Buzina, R., Djordjevic, B.S., Dontas, A.S., Fidanza, F., Kays, M.H., Kromhout, D., Nedeljkovic, S., Punyar, S., Seccareccia, F. and Toshima, H. 1986. "The diet and 15-year death rate in the Seven Countries Study." *Am. J. Epidemiol.* 124:903.

Kouris-Blazos, A., Gnardellis, C., Wahlqvist, M.S., Trichopoulos, D., Lukito, W. and Trichopoulou, A. 1999. "Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia." *Br. J. Nutr.* 82:57.

Kratz, M., Cullen, P., Kannenberg, F., Kassner, A., Fobker, M., Abuja, P.M., Assmann, G. and Wahrburg, U. 2002. "Effects of dietary fatty acids on the composition and oxidizability of low-density lipoprotein." *Europ. J. Clin. Nutr.* 56:72.

Kratz, M., Wahrburg, U., von Eckardstein, A., Ezeh, B., Assmann, G. and Kronenberg, F. 2003. Dietary mono- and polyunsaturated fatty acids similarly increase plasma apolipoprotein A-IV concentrations in healthy men and women." *J. Nutr.* 133:1821.

Krauss, R.M., Eckel, R.H., Howard, B., Appel, L., Daniels, S.R., Deckelbaum, R.J., Erdman, J.W., Kris-Etherton, P., Goldberg, I.J., Kotchen, T.A., Lichtenstein, A.H., Mitch, W.E., Mullis, R., Robinson, K., Wylie-Rosett, J., St. Joer, S., Suitte, J., Tribble, D.L. and Bazzarre, T.L. 2000. "AHA Dietary Guidelines. Revision 2000: A statement for healthcare professionals from the Nutrition Committee of the American Heart Association." *Circulation* 102:2284.

Kris-Etherton, P.M., Derr, J., Mitchell, D.C., Mustad, V.A., Russell, M.E., McDonnell, E.T., Salabsky, D. and Pearson, T.A. 1993. "The role of fatty acid saturation on plasma lipids, lipoproteins, and apolipoproteins: I. Effects of whole food diets high in cocoa butter, olive oil, soybean oil, dairy butter, and milk chocolate on plasma lipids of young men." *Metabolism* 42:121.

Kris-Etherton, P.M., Pearson, T.A., Wan, Y., Hargrove, R.L., Moriarty, K., Fishell, V. and Etherton, T.D. 1999. "High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations." *Am. J. Clin. Nutr.* 70:1009.

Lichtenstein, A.H., Ausman, L.M., Carrasco, W., Jenner, J.L., Gualtieri, L.J., Goldin, B.R., Orgovas, M. and Schaefer, E.J. 1993. "Effects of canola, corn, and olive oils on fasting and postprandial plasma lipoproteins in humans as part of a National Cholesterol Education Program Step 2 Diet." *Art. Thromb. Vasc. Biol.* 13:1533.

Lopez-Segura, F., Velasco, F., Lopez-Mirando, J., Castro, P., Lopez-Pedrera, R., Blanco, A., Jimenez-Pereperez, J., Torres, A., Trujillo, L., Ordovas, J.M. and Pérez-Jiménez, F. 1996. "Monounsaturated fatty acid-enriched diet decreases plasma plasminogen activator inhibitor Type 1." *Arteriosclerosis, Throm. & Vasc. Biol.* 16:82.

Luscombe ND, Noakes M, Clifton P.M. 1999. "Diets high and low in glycemic index versus high monounsaturated fat diets: Effects on glucose and lipid metabolism in NIDDM." *Eur. J. Clin. Nutr.* 53:473.

Mata, P., Garrido, J.A., Ordovas, J.M., Blazquez, E., Alvarez-Sala, L.A., Rubio, M.J., Alonso, R. and de Oya, M. 1992. "Effect of dietary monounsaturated fatty acids on plasma lipoproteins and apolipoproteins in women." *Am. J. Clin. Nutr.* 56:77.

McManus, K., Antinoro, L. and Sacks, F. 2001. "A randomized controlled trial of moderate-fat, low-energy diet compared with a low fat, low-energy diet for weight loss in overweight adults." *Int. J. Obesity* 25:1503.

Mensink, R.P. and Katan, M.B. 1989. "Effect of a diet enriched with monounsaturated or polyunsaturated fatty acids on levels of low-density and high-density lipoprotein cholesterol in healthy women and men." *New Eng. J. Med.* 321:436.

Mensink, R.P. and Katan, M.B. 1992. "Effect of dietary fatty acids on serum lipids and lipoproteins." A meta-analysis of 27 trials. *Arteriosclerosis and Thrombosis* 12:911.

Mensink, R.P., Zock, P.L., Kester, A.D.M. and Katan, M.B. 2003. "Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials." *Am. J. Clin. Nutr.* 77:1146.

Morgan, S.A., Sinclair, A.J. and O'Dea, K. 1993. "Effect on serum lipids of addition of safflower oil or olive oil to very-low-fat diets rich in lean beef." *J. Am. Diet. Assn.* 93:644.

Morgan, S.A., O'Dea, K. and Sinclair, A.J. 1997. "A low-fat diet supplemented with monounsaturated fat results in less HDL-C lowering than a very-low fat diet." *J. Am. Diet. Assn.* 97:151.

Müller H., Lindman A.S., Brantsæter A.L. and Pedersen J.I. 2003. "The serum LDL/HDL cholesterol ratio is influenced more favorably by exchanging saturated with unsaturated fat than by replacing saturated fat in the diet of women." *J. Nutr.* 133:78.

National Cholesterol Education Program. 2001. "Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)." http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3_rpt.htm

Ng, T.K.W., Kayes, K.C., DeWitt, G.F., Jegathesan, M., Satgunasingam, N., Ong, A.S.H. and Tan, D. 1992. "Dietary palmitic and oleic acids exert similar effects on serum cholesterol and lipoprotein profiles in normocholesterolemic men and women." *J. Am. Col. Nutr.* 4:383.

Nicolaïew, N., Lemort, N., Adorni, L., Berra, B., Montorfano, G., Rapelli, S., Cortesi, N. and Jacotot, B. 1998. "Comparison between extra virgin olive oil and oleic acid rich sunflower oil: effects on postprandial lipemia and LDL susceptibility to oxidation." *Nutr. & Met.* 42:251.

Nielsen, N.S., Pedersen, A., Sandström, B., Marckmann, P. and Høy, C. 2002. "Different effects of diets rich in olive oil, rapeseed oil and sunflower-seed oil on postprandial lipid and lipoprotein concentrations and on lipoprotein oxidation susceptibility." *Br. J. Nutr.* 87:489.

Nydhæl, M.C., Gustafsson, I. and Vessby, B. 1994. "Lipid-lowering diets enriched with monounsaturated or polyunsaturated fatty acids but now in saturated fatty acids have similar effects on serum lipid concentrations in hyperlipidemic patients." *Am. J. Clin. Nutr.* 59:115.

O'Byrne, D.J., O'Keefe, S.F. and Shireman, B. 1998. "Low-fat, monounsaturated-rich diets reduce susceptibility of low density lipoproteins to peroxidation *ex vivo*." *Lipids* 33:149.

Oubiña, P., Sánchez-Muniz, J., Ródenas, S and Cuesta, C. 2001. "Eicosanoid production, thrombogenic ratio, and serum and LDL peroxides in normo- and hypercholesterolemic post-menopausal women consuming two oleic acid-rich diets with different content of minor components." *Br. J. Nutr.* 85:41.

Owen, R.W., Giacosa, A., Hull, W.E., Haubner, R., Würtele, G., Spiegelhalder, B. and Bartsch, H. 2000. "Olive-oil consumption and health: the possible role of antioxidants." *Lancet Oncology* 1:107-112.

Parker B, Luscombe N, Noakes M, Clifton P. 2002. "Effect of a high-protein, high-monounsaturated fat weight loss diet on glycemic control and lipid levels in type 2 diabetes." *Diabetes Care* 25:425.

Pedersen, A., Baumstark, B.W., Marckmann, P., Gylling, H. and Sandström, B. 2000. "An olive-oil rich diet results in higher concentrations of LDL cholesterol and a higher number of LDL subfraction particles than rapeseed oil and sunflower oil diets." *J. Lipid. Res.* 41:1901.

Piers, L.S., Walker, K.Z., Stoney, R.M., Soares, M.J. and O'Dea, K. 2002. "The influence of the type of dietary fat on postprandial fat oxidation rates: monounsaturated (olive oil) vs. saturated fat (cream)." *Int. J. Obesity* 26:814.

Possner, B.M., Cobb, J.L., Belanger, A.J., Cupples, A., D'Agostino, R.B. and Stokes, J. 1991. "Dietary lipid predictors of coronary heart disease in men. The Framingham Study." *Arch. Intern. Med.* 151:1181.